

FRONT & CENTER

NOVEMBER 2010

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Veterans' Tribute

Wednesday, November 10 • 1 pm

Folk singer, songwriter, and veteran, Tom Callinan, will entertain with a patriotic tribute to all veterans. After the musical performance, veterans and guests are invited for cake and coffee.

Goldtones Holiday Concert

Sunday, November 28 • 2 pm

The Goldtones Holiday Concert has become a festive tradition. The talented singers in the Goldtones Chorus bring joy to the start of the holiday season. Tickets are on sale in the Senior Center office for \$5 per person.

**Special
Savings
Offers &
Discounts
Inside**



Holiday Craft Fair and Bake Sale

Saturday, November 6

8 am to 1 pm

Our talented volunteers have been working all year to make handmade items for your holiday shopping. We will be featuring a jewelry table, tea cup raffle and a crafts white elephant sale. And we'll also have plenty of home-baked goods from our finest bakers.

Lion's Club Pancake Breakfast

8 am - Noon

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INSIDE THIS ISSUE:

AARP, Clubs & Groups	6	Programs & Services.....	7
Arts, Crafts, & Recreation.....	14-15	Senior Net Computer Classes	10
Clinics, Screenings & Support.....	11	Seminars & Meetings.....	5
Dining Out Around Town	9	Special Events	3
Fitness Classes.....	12-13	Trips.....	4-5
Ongoing Programs.....	8		



ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425 • **FAX** (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Click on Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm

Friday 8 am to 5 pm

SENIOR COMMUNITY CAFÉ..(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

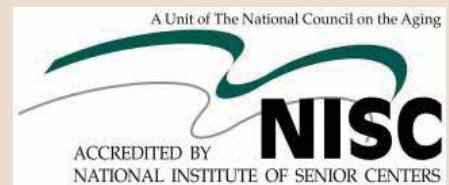
Main Office(860)763-7425

Arts & Crafts.....(860)763-7437

PRIME Fitness Room.....(860)272-3554

Meals on Wheels(860)763-0400

Dial-a-Ride(860)272-3545



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Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door.

3

Holiday Craft Fair and Bake Sale Saturday, November 6 8 am - 1 pm

Our talented volunteers have been working all year to make handmade items for your holiday shopping. We will be featuring a jewelry table, tea cup raffle and a crafts white elephant sale. And we'll also have plenty of home-baked goods from our finest bakers.



Lion's Club Pancake Breakfast 8 am - Noon



Veterans' Tribute Wednesday, November 10 • 1 pm

Folk singer, songwriter, and veteran, Tom Callinan, will entertain with a patriotic tribute to all veterans. After the musical performance, veterans and guests are invited for cake and coffee.

Afternoon Dance Friday, November 19 • 2 pm \$3 at the door

Dance the afternoon away to the lively music of Rich Mitnick. A snack is provided.

Goldtones Holiday Concert Sunday, November 28 • 2 pm

The Goldtones Holiday Concert has become a festive tradition. The talented singers in the Goldtones Chorus bring joy to the start of the holiday season. Tickets are on sale in the Senior Center office for \$5 per person.

COMING IN DECEMBER

Senior Center Travel Expo Wednesday December 8



Movie & Grinder Night Monday, November 8 • 5 pm \$5 per person with dinner \$2 per person without dinner

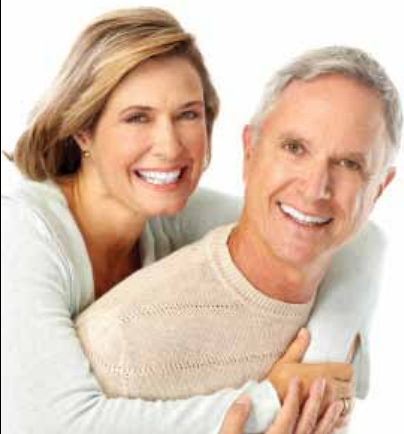
Tonight's movie is *Babies*. Babies follows four newborns from different cultures through their first year of life. It is an adorable look at the first phase of life. Enjoy a turkey grinder and chips before the movie.

Movie & Popcorn Monday, November 22 • 6 pm \$2 per person

Tonight's movie is *Sex and the City 2*. This is the sequel to the first full length movie of the popular television show. If you are easily offended, this may not be the movie for you. If you would like to have a fun evening and lots of laughs, don't forget to put the date on your calendar.

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- Crowns & Bridges
- Oral Surgery
- Periodontics
- Endodontics
- Teeth Whitening
- Immediate Emergency Dental Care

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a Winning Smile!**

4 Trips

Save the Dates!
Stop by for trip flyers with more detailed information
Please note that return times are approximate

November 17 and 18 – Elisabeth von Trapp at the “Kate” – Delight in the lovely voice of Maria and Baron von Trapp’s granddaughter, whose story inspired the Sound of Music. This pre-holiday performance is offered at the new and intimate Katharine Hepburn Cultural Arts Center & Museum in Old Saybrook. Lunch is included at the Riverhouse at Goodspeed Station in Haddam, overlooking the Connecticut River and the Goodspeed Opera House. *Depart at 10:15 am and return at 5:30 pm Cost is \$99 per person. Please sign up in the office, as spaces remain.*

November 19 – Stocking Stuffer in Boston – Receive a stocking and meet your local guide as you embark on a tour of Boston’s historic sites and holiday traditions. Each stop will include a small gift to place in your stocking. Listen to a Pipe Organ Concert at Trinity Church and have lunch at Maggiano’s Little Italy Restaurant. Your tour ends at Quincy Market with time to do some holiday shopping on your own. *Depart at 8 am and return at 6:30 pm Cost is \$109 per person. Please sign up in the office, as spaces remain.*



December 5 - Classic Connecticut Holiday Homes – Depart for Hill-Stead Museum and a tour of this gracious estate, given by docents in period costume. Spend some time at a Holiday Boutique on the grounds, before heading to Avon Old Farms for a fabulous Sunday Brunch. Then it’s on to the Governor’s home for a tour featuring rooms decked out in holiday decorations. *Depart at 9 am and return at 4:30 pm Cost is \$87 per person. Please sign up in the office, as spaces remain.*

Senior Center Travel Expo December 8

Come to the Senior Center and gather information about our wide selection of day trips, overnight trips and cruises. Tours of Distinction will preview details of our Bermuda Cruise, our 3 day “Cape May Diamonds and Atlantic City” overnight trip, “Great Trains & Grand Canyons” our 6 day trip to the beautiful west, our fall foliage trip to New Hampshire, along with our fabulous 14 day cruise to the Mediterranean. If you love to travel around the world or if you prefer to stay close to home, come see what we’re offering that will inspire you to pack your suitcase or put on your walking shoes for a quick jaunt to a favorite hot-spot in New England. We have trips planned for all interests, from BINGO day trips to Luxury Cruises. Come join us at 2 pm for refreshments and an informative presentation on our exciting overnight trips. You will also have time to browse our travel booths. This is an event you won’t want to miss!

December 14 – Boar’s Head Feast at the Williams Inn – Begin your day with a festival at The Berkshire Museum, featuring almost 200 uniquely decorated trees. Travel on to Williamstown, known as “Village Beautiful” for a Boar’s Head Procession and bountiful Christmas buffet. Then, gather around a fresh evergreen for The Miss B. Haven Cabaret Show featuring favorite holiday songs. At the close of the afternoon, the Yule Log will be lit as you make a hot wassail toast to the season. *Depart at 8 am and return at 5:15 pm Cost is \$97 per person. Please sign up in the office, as spaces remain.*

January 30, 2011 – Stageloft Repertory Theater and the Salem Cross Inn – Begin your day with a delicious lunch at The Salem Cross Inn, a Colonial restaurant situated on 600 acres of rolling meadows and woodlands in Central Massachusetts. After lunch, sit back in the comfort of this intimate theater and watch “Cat on A Hot Tin Roof”, the Tennessee Williams Pulitzer Prize winning drama. *Depart at 10:30 am and return at 5:15 pm Cost is \$87 per person. Sign up date is Friday, November 19 from 10 – 11 am and after in the office, as spaces remain.*



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February 25, 2011 – The Canadian Tenors at the Jorgensen Center for the Performing Arts –

This evening event begins with dinner at the Nathan Hale Inn and Conference Center on the University of Connecticut Campus, in Storrs, CT. Following dinner you will be entertained by the Canadian Tenors in the newly renovated Jorgensen Center for the Performing Arts Theater. The Tenors' music is an exciting blend of classical and contemporary pop that thrills audiences around the world. The Tenors have performed for Presidents Barack Obama, Bill Clinton, and George W. Bush, and Prime Minister Tony Blair to mention a few. Depart at 4:15 pm and return at 11:15 pm. Cost is \$106 per person. Sign up date is Friday, December 10 from 10 – 11 am and after in the office, as spaces remain.

May 27-June 3, 2011 –

NEW DATE Bermuda Cruise –

Cruise out of Boston Pier on an 8 day cruise to Bermuda. Enjoy the luxury of the 4 star Norwegian Dawn cruise ship with nightly shows and three delicious meals per day. Enjoy shopping, restaurants, art galleries, craft makers and eight wonderful museums while touring this pristine island. For water lovers, there is a snorkel park and an extensive water sports facility. Cost is \$1419 per person/double occupancy, for a Balcony Cabin. Sign up information can be obtained at the Senior Center.



Weatherize Your Home: Save on Energy Costs Wednesday, November 3 • 1 pm Presented by The Home Depot

Learn simple things that you can do to make your home warmer and use less energy. With a small investment of time and the purchase of a few low-cost items, employees of The Home Depot will show you how you can make your home more eco-friendly and efficient.



Straight Talk from Connecticut's Watchdog Monday, November 15 • 6 pm

Sponsored by Rockville Bank

Rockville Bank is proud to sponsor a free public seminar featuring George Gombossy, former award winning Hartford Courant Investigative Consumer Columnist, former courant Business Editor and now Editor and Publisher of ctwatchdog.com. Gombossy will talk about the latest internet scams, how to protect yourself from ID theft, how to cut your electric bill, discuss your consumer concerns, and offer expert advice and tips. Light Refreshments will be served. Please call Rockville Bank's Reservation Line to reserve a spot. 860-291-3654.

How to Protect Your Assets from Nursing Home Costs Even With- out Long Term Care Insurance

Wednesday, November 17 1 pm

Presented by John Dee,
Wealth Preservation Group, Inc.

Dramatic changes in the law requires your immediate attention if you want to protect assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives. Learn how to protect your assets from nursing home and Medicaid spend downs, preserving your wealth for you and your loved ones.



FREE DAYS!

This coupon is good for up to
5 FREE CONSECUTIVE DAYS IN ONE WEEK

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Expiration date: 12/31/2010

Town of Enfield Adult Day Center

1A Beech Rd, Enfield

860.763.7538

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Working to Preserve Your Wealth

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"How to Protect Your Assets from Nursing Home Costs Even Without Long Term Care Insurance"

Dramatic changes in the law requires your immediate attention if you want to protect assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives. Learn how to protect your assets from nursing home and Medicaid spend downs, preserving your wealth for you and your loved ones.



John G. Dee, President

**November 17 at 1:00
Enfield Senior Center**

Reserve your spot today!

1-800-679-2771

6 AARP, Clubs & Groups

AARP Chapter 3062 Meeting
Thursday, November 4 • 1:30 pm

Monthly Potluck Supper
Second Wednesday of every month
5:30 pm

PRESIDENT:

Evie Wheat 860-745-3856

TRIPS:

Carol Welsh 860-745-6294

AARP Driver Safety Classes
Enfield Senior Center • 1 - 5 pm
Monday & Tuesday,
November 29 & 30

Call 860-741-5233 to register

Trained AARP volunteers conduct classroom driver training for anyone 55 or older. Auto insurance companies offer discounts to those who take this course.

Train Club

Tuesday, November 23 • 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.



Armchair Birders

Thursday, November 18 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group

Tuesday, November 16 • 5 pm

The November book is:

A Reliable Wife by Robert Goolrick. Books are placed on reserve at the Enfield Public Library on Middle Road and are available the first week of any given month. Books are to be returned the day after our book discussion meeting.

Current Events Discussion Group

Monday, November 8 & 22 • 2:30 pm

Join our group for lively discussions of world events. A different topic will be covered at every meeting. New members always welcome.

Investment Club

Thursday, December 9 & 23 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Enfield Single Seniors

Wednesday, November 17 • 6 pm

Join us in the Senior Center Dining Room for:

- Socialization
- Outings
- Icebreakers
- Just plain fun

For information, call Ben Perreault,
Coordinator 860-745-4261



French Conversation Group

Tuesday, November 16 • 9:30 am

If you have a French Canadian heritage and would like to parler-vous Francais, join us for a cup of coffee in the Dining Room and meet some new friends.

Goldtones Choral Group

Thursdays • 10 am

Lend your voice to this group. Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

Italian Conversation Group

Fridays • 9:30 am

Talk about Italy, practice your Italian, or just have a cup of coffee with some friendly Italian speakers. No need to register, just stop by.

Polish Conversation Group

Thursday, November 18 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.



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From left to right: Background photo Richard E. Stevens (1921-2002),
Sean M. Stevens, Fischer Drew Stevens, Chase Leete Stevens, Richard K. Stevens

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Windsor Locks Funeral Home

441 Spring Street • Windsor Locks • 860-623-3498

www.leetesteveens.com

NEW!

New Ask the Lawyer **Wednesday, November 24**

10 am - Noon

Attorneys Marcia Hess and Neil Kraner will be available for 15 minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Make an appointment by calling the Senior Center office. There may be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Community Café

Weekdays at Noon

Reservations: Call 860-763-7428 by noon the day before & leave message

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus available in the Senior Center lobby and on our website. Suggested donation is \$2 and you must be age 60 or over.

Department of Social Services Assistance

5 N. Main Street, Enfield • 860-253-9024

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 am to 4 pm to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538

The Town of Enfield Adult Day Center is a "Home away from Home" for your loved one. As a certified medical model we offer assistance with medication administra-

tion, personal care, socialization, exercise, entertainment and hot meals. We have a dedicated staff of Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Grandparents Raising Grandchildren Support Group

Family Resource Center • 860-253-5144

Sponsored by the Commission on Aging and Alcorn Family Resource Center

Each fall, a six-week series is offered, followed by a monthly support group. Meetings are held in the evening and dinner is provided, as well as child care and activities for the children.

Enfield Housing Authority

110 South Road, Enfield • 860-745-7493

Information about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321

Food supplies for those in need. Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center. Members sponsor the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

ITNNorthCentralConnecticut

Tuesdays • 3 - 4:30 pm • 860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Loaves and Fishes Soup Kitchen

860-741-0226**St. Andrew's Church, 28 Prospect St**

Free meals served Sunday to Friday, 4 - 5 pm, and Saturday 11 am - Noon. For more information visit www.enfieldloavesandfishes.com.

Meals on Wheels

Office at Enfield Senior Center**860-763-0400 - leave message**

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays 9 - 11 by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

860-253-6396 • 100 High Street, Enfield

Help with all entitlement programs.

Social Security Assistance

Thursdays 10 am - 1 pm**or call 1-800-772-1213**

A Social Security representative conducts office hours at the Senior Center to handle all Social Security problems. You may also call their toll-free number between 7 am and 7 pm.

Want to Reach Seniors?

ADVERTISE TODAY Call: **508-361-7000**

8 Ongoing Programs at the Enfield Senior Center

PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bingo \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all, weekly progressive game up to \$2000, and free quickie game. All proceeds benefit Senior Center programs & services.	Tuesdays	6:30 pm Doors open 5 pm
Bingo Night Supper You don't have to play Bingo to enjoy our Tuesday night suppers. We have weekly specials for \$4 plus grilled cheese sandwiches, hotdogs, hamburgers, french fries, onion rings & desserts. Ice cream sundaes available during the Bingo game intermission.	Tuesdays	5 to 6 pm
Bridge Drop in for contract bridge.	Tuesdays & Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Friday Afternoon Dominoes Please bring your own set of dominoes and join others for a fun game.	Last Friday of the month	1 pm
Dominoes in the Evening Please bring your own set of dominoes and join others for a fun game.	Last Thursday of the month	4:30 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. & Fri.	12:45 - 4 pm
Hand & Foot No need to register. Just drop in.	Thursdays	12:45 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling-Just for Fun Stay fit, & learn to bowl using the Nintendo Wii! Drop in any time. No registration required.	Wednesdays	5-7 pm
Wii Bowling-Competitive We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group This group works on sewing, knitting, crocheting and craft projects throughout the year. Craftspeople of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

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Call: 508-361-7000

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Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire November 30, 2010 unless otherwise noted.**

9

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Expires 11/30/10

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50% OFF
DINNER ENTREE

Buy 1 Entree and
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61 Palomba Drive • 860-763-5000

**MOLINA'S
CAFE**

\$1.50 OFF
Your Check of \$6.00 or more,
\$3.00 OFF
Your check of \$12.00 or more

One coupon per bill/ Cannot be combined
with other offers. Expires 11/30/2010

95 High Street • Enfield, CT
860-741-0108
Monday-Friday from 6am-2pm

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with purchase

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Offer good for seniors only
Cannot be combined with any other offer
Dine-In-Only
Offer expires 11/30/10

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Cannot be combined with any other
offer or special. Limit one coupon.
Must present coupon. Expires 11/30/10.
Dine-in only.

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860-741-7003

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KING**

**FREE
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Purchase any sandwich
and get 2nd sandwich of
equal or lesser value free.
at Enfield, East Windsor,
Windsor Locks locations
Expires November 30, 2010

THE COUNTRY DINER

Senior Discount
10% OFF

One coupon per bill/ Cannot be combined
with other offers. Expires 11/30/2010

111 HAZARD AVENUE, ENFIELD

**DUNKIN'
DONUTS**
AMERICA RUNS ON DUNKIN'

FREE DONUT
With the purchase of
medium or large coffee

Offer valid at all Enfield Locations.
Cannot be combined with any other offer.
One coupon per visit. Expires: 11/30/2010
www.dunkindonuts.com

**Mama
Miro's**
Pizzeria Restaurant

**\$2
OFF**

with any purchase
of \$5.00 or more

Excludes Breakfast, cannot be combined with
any other offer. Only 1 coupon per check, per visit

117 Hazard Avenue, Enfield
M-Th 11am - 10pm • F-Sat 11am - 11pm

**1/2 Price Lunch
or Dinner**

Buy any lunch or dinner
entree at the regular price and
receive the 2nd lunch or
dinner entree at 1/2 price

Dine-In Only • Higher price prevails
Expires 11/30/2010


**Mama
Miro's**
Pizzeria Restaurant

117 Hazard Avenue, Enfield
M-Th 11am - 10pm • F-Sat 11am - 11pm

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(860)763-7600 • 101 Phoenix Avenue, Enfield, CT

10 SeniorNet Computer Classes



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Computer Solutions

Friday, November 12 • 1:30 - 3 pm

Free

If you're having a problem with your computer, or have a few questions, stop in the Computer Lab for some one-on-one help from our knowledgeable volunteers. No need to register.

Basic Computer Skills

Wednesdays • 1 - 3 pm

Nov 3 - Dec 22 8 classes

R \$24 **NR** \$32

Perhaps you need a basic knowledge of computers in your workplace, or your children and grandchildren would like you to be able to e-mail them. Whatever the reason, join us to learn the basics. If you're brand new to computers, this class will give you a good start. You'll begin with turning the computer on, using the mouse and keyboard and advance to learning basic skills.

E-mail Workshop

Wednesdays • 10 am - Noon

Nov 17 - Dec 8 4 classes

R \$12 **NR** \$16

Learn to send & receive e-mail, create your own account, attach photos and much more. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*



Laptop Café

Thursday, Nov 18 • 1:30 - 3:30 pm

Free

Bring your laptop and your questions. Learn how to connect to wireless internet access in the Senior Center and other buildings and discuss any issues you may have with your laptop computer

Fun & Fitness for the Brain

Tuesdays • 1 - 3 pm

Nov 9 - Nov 30 4 classes

R \$12 **NR** \$16

Mental, as well as physical exercise, keeps the brain active. Just as we vary physical workouts, we also need to try new and different mental exercises. This class will show you hundreds of different activities that are not only fun to do, but also help keep our brains fit. *Prerequisite: Basic Computer Skills or similar computer experience.*

Scanning & Basic Photo Editing

Mondays 1 - 3 pm

Nov 15 - Dec 6 4 classes

R \$12 **NR** \$16

Learn to use the Computer Lab scanner to scan photos and other items and print or save them on the computer. Then use photo editing software to enhance the image. Brighten pictures that are too dark or lighten overexposed photos to bring out details. Learn to crop and resize the image. Each participant should bring two or three photographs to scan and edit. *Prerequisite: Introduction to Computers or equivalent computer experience.*



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Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. Call 860-763-7600 to sign up or obtain more information.

Blood Pressure Screenings Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings Wednesday, November 10 • 6 - 7 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group Thursday, December 9 • 1 - 2 pm Sponsored by Visiting Nurse & Health Services of CT

If you or a loved one live with Diabetes and are looking for more help from others who share the same problem then please join us. We meet the second Thursday of every month.



Foot Care Clinic Friday, November 12 • 8:30 am - 3 pm by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$28. Home visits available for homebound seniors.

Foot Care Clinic - Evenings Wednesday, November 17 • 1 - 7:30 pm by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$28.

Hearing Loss Support Group Monday, November 29 • 9:30 am

Many people experience hearing loss, and until you go through it you do not know the profound effect it has on your life. Join others who are dealing with this issue at the first meeting of this new group. Please register in the office.

Hearing Screening Friday, November 5 • 12:30 - 3 pm Call 860-763-7425 for appointment

Free screening performed by the Hear Again Center on the first Friday of every month.



Stroke Support Group Tuesday, November 9 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: Sandie Pino, MSW, LCSW Visiting Nurse & Health Services of CT - 860 872-9163.

T.O.P.S. Wednesdays 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.



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Curbside pickup is available weekdays in the Enfield area. Please call (860) 741-3701 to schedule a pickup, or visit our website at www.alliedsattic.com

New Donation Processing Center

Donations for Allied's Attic are now being accepted at 294 George Washington Road, Mon. - Fri., 9 a.m. - 3 p.m. We're now accepting furniture in usable condition.



12 Fitness Programs



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

PRIME Fitness Center

Mon to Thurs • 8 am - 8 pm

Friday • 8 am - 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.

\$25 for a month

\$60 for 3 months

\$100 for 6 months

\$150 for a year – Half the cost of a monthly membership!

New Member Package includes:

- One hour individualized program design consultation
 - Training on all machines
 - Program supervision and supervised workout
 - Optional Fitness Assessment
- To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am - Noon

Free

No Chair Exercises on Friday, October 8

Improve flexibility, coordination & stamina.

Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

November 1-29

1-day 5 classes

R \$17 **NR** \$22

2-day 9 classes

R \$27 **NR** \$36

3-day 12 classes

R \$33 **NR** \$44

No class November 26

December 1-22

1-day 5 classes

R \$17 **NR** \$22

2-day 9 classes

R \$27 **NR** \$36

3-day 12 classes

R \$33 **NR** \$44

No class December 24 or 31

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

Evening Line Dance - Beginner

Wednesdays • 7 - 8 pm

Nov. 3-Dec. 22 8 classes

R \$24 **NR** \$32

This class is designed for individuals who either have no experience or some experience in Line Dancing. You will learn the basics and beyond for a rewarding and fun-filled experience.

Introduction to Line Dancing

Thursdays • 4 - 5 pm

Nov. 4 - Dec. 23 6 classes

R \$18 **NR** \$24

No class November 11 or 25

This class is designed for individuals who have no experience in line dancing and would like to learn the very basics.

Line Dancing - Advanced Beginner

Mondays • 2:15 - 3:15 pm

Nov. 1 - Dec. 20 8 classes

R \$24 **NR** \$32

This class is for individuals who have some experience in line dancing and would like to learn beyond the basics.

Line Dancing - Intermediate

Mondays • 1 - 2 pm

Nov. 1 - Dec. 20 8 classes

R \$24 **NR** \$32

Come join fellow line dancers to practice together and learn more intricate steps.



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Pilates

Thursdays • 5 pm - 6 pm

Dec 2 - 23 4 classes

R \$12 **NR** \$16

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

Simply Stretch & Strengthen with Lynne

Mondays • 10:30 - 11:30 am

Nov 1 - Dec 20 8 classes

R \$24 **NR** \$32

Fridays • 10:30 - 11:30 am

Nov 5 - Dec 17 6 classes

R \$18 **NR** \$24

No class November 26

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor.

Stretch, Roll & Strengthen with Dan

Tuesdays • 10:30 - 11:30 am

Nov 2 - Dec 21 8 classes

R \$24 **NR** \$32

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.



Tai Chi - Advanced Beginner

Tuesdays • 8:45 - 9:45 am

Nov 2 - Dec 21 8 classes

R \$32 **NR** \$40

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

Tai Chi - Intermediate

Thursdays • 8:45 - 9:45 am

Nov 4 - Dec 23 6 classes

R \$24 **NR** \$30

No class November 11 or 25.

Continue your skills with advanced movements.

Yoga - Chair and Standing

Tuesdays • 11 am - Noon

Nov 2 - Dec 21 8 classes

R \$24 **NR** \$32

Stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

Yoga - All Levels Floor

Tuesdays • 9 - 10 am

Nov 2 - Dec 21 8 classes

R \$24 **NR** \$32

Tuesdays • 10 - 11 am

Nov 2 - Dec 21 8 classes

R \$24 **NR** \$32

Thursdays • 6 - 7 pm

Nov 4 - Dec 23 6 classes

R \$18 **NR** \$24

No class November 11 or 25.

Incorporate mat work into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.

Zumba Dance

Wednesdays • 6 - 7 pm

Nov. 3 - Dec. 22 8 classes

R \$32 **NR** \$40

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.



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14 Arts, Crafts, & Recreation

Card Making

Friday • 9:30 - 11:30 am

Nov 12 1 class

R \$4 **NR** \$5

Dec 10 1 class

R \$4 **NR** \$5

We'll make the following: Nov 12-Gift Cards & Boxes; Dec 10-Tags & Bags

Cards with Valorie

Monday • 6 - 8 pm

Nov 8 & 22 2 classes

R \$6 **NR** \$8

Dec 6 1 class

R \$3 **NR** \$4

Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you will complete four cards with envelopes in each class. Supply cost of \$4 per class payable to instructor.



Ceramics

Thursdays • 9 am - Noon

Nov 4 & 18 2 classes

R \$8 **NR** \$10

No classes Nov 11 & 25

Dec 2 - 23 4 classes

R \$16 **NR** \$20

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.

Jewelry - Mornings

Friday • 9:30 - 11:30 am

Nov 19 & Dec 17

Each class **R** \$4 **NR** \$5

Jewelry - Evenings

Thursday 5:30 - 7:30 pm

Nov 18 & Dec 16

Each class **R** \$4 **NR** \$5

You may register for individual classes Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.

SAVE
THE
DATE

Jewelry Workshop

Thursday • 1:30 - 7:30 pm

Dec 16 1 class

R \$8 **NR** \$9

Join us for a 6-hour workshop devoted just to making jewelry. Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or to treat yourself. The price of this all-day workshop includes pizza and beverage for dinner.

Make It & Take It

Scrapbook Page

Tuesday • 1:30 - 3:30 pm

Nov 16 & Dec 21

Each class **R** \$3 **NR** \$4

You may register for individual classes

Create pages to showcase special photos. Different themes and techniques will be used.



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Scrapbook Crop

Tuesdays • 1:30 - 4 pm

Nov 2 & Dec 7

R \$3 **NR** \$4

You may register for individual classes

Organize your photos and get them into your scrapbooks. Join us to share ideas. If you have never scrapbooked before and have photographs in drawers, shoeboxes, magnetic albums and closets, join us to learn how to preserve and enjoy all those memories.

Trinket Basket

Monday • 9 – 12:30 pm

Nov 15 1 class

Create a compact handled basket, that when woven in holiday colors, would make a great gift. Or keep the basket to hold and organize assorted everyday items. Materials fee of \$10 payable to instructor.

Scrapbook & Card Making Workshop

Friday, December 3 • 9 am - 3 pm

\$5 per person

Bring your supplies and join us for an all-day scrapbook and card making workshop. Get started on your everyday and holiday cards or scrappin' your backlog of photos. Some tools will be provided to share. Get your ticket early to guarantee a seat, as space is limited. Fee includes continental breakfast. Tickets available in office.



Recycled CD Holiday Ornament

Wednesday • 1:30 – 3:30 pm

Dec 1 1 class

R \$5 **NR** \$6

Create a personalized ornament to add to your collection by using a recycled CD. This is a great project to showcase your family's holiday photos through the years.

Christmas Basket

Monday • 9 am – 12:30 pm

Dec 6 1 class

R \$6 **NR** \$7

Create a holiday basket, with red and green accents and a large handle, to give as a gift or carry your gifts and goodies. Materials fee of \$12 payable to instructor.



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